



April 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice	Location Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024	 Denotes the meal has more than 1000 mg of sodium		¹ Meat & Cheese Lasagna Marinara sauce Chickpea tomato stew Spinach Peaches Granola bar & milk
⁴ Chicken Marsala Mixed rice Spinach Mandarin oranges & milk	⁵ Beef Stew w/ carrots, celery & onion Parsley potatoes Peas & carrots Whole wheat bread Apple & milk	⁶ Pork Loin with Apple Chutney Sweet potatoes Peas Whole grain blueberry muffin Applesauce & milk	⁷ Sweet & Sour Chicken w/ pineapple, peppers & onions Mixed rice Green beans Orange & milk	⁸ Hamburger Peppers & onions White wheat burger roll Parsley potatoes Curried chickpeas Banana & milk
¹¹ Turkey Quinoa Meatloaf Tomato red pepper sauce Spinach Lentils Bread Peaches & milk	¹² *BOXED LUNCH* Mixed pasta salad with broccoli, carrots, squash, red peppers, tomatoes, parsley Apple & milk	¹³ Chicken Cordon Bleu Green beans Mixed rice Oranges & milk	¹⁴ Beef Burgundy Mixed rice Spinach Mandarin oranges & milk	¹⁵ Tilapia In mango sauce Mixed rice pilaf Collard greens Pineapple & milk
¹⁸ Greek Chicken Marinated in garlic, yogurt, tomato, paste & spices Mixed rice pilaf Ratatouille Applesauce & milk	¹⁹ BBQ Pulled Pork Whole grain macaroni & cheese Corn Mandarin oranges & milk	²⁰ Ginger Beef w/ ginger, scallions & cabbage Mixed rice Broccoli & carrots Canned peaches & milk	²¹ Cheese Tortellini w/ chicken, sun dried tomato cream sauce Spinach WG garlic breadstick Orange & milk	²² Shepherd's Pie (Steak & Mushroom) w/ mashed potato topping Peas & carrots Kidney beans Granola bar Banana & milk
²⁵ Vegetarian Chili On 1/2 baked potato with cheese Mixed rice Broccoli Canned peaches & milk	²⁶ Tarragon Chicken Mixed pasta Collard greens Apple & milk	²⁷ Meatloaf Beef & pork Mashed potatoes & gravy Peas, carrots, corn & green beans Whole wheat bread Orange & milk	²⁸ Stir Fry Chicken w/ bean sprouts & bamboo shoots Mixed rice Broccoli & carrots Canned pineapple & milk	²⁹ Pork Roast Sauerkraut Herb roasted potatoes Carrots Whole wheat bread Banana & milk

SENIOR NUTRITION INFORMATION

Reservations/Cancellations

To make a reservation call the Lunch Reservation Line at
760-943-2258.

Reservations are required and may be made up until
9:00 a.m. the day before you would like to have lunch.
Monday reservations are due no later than 9 a.m. the Friday prior.

Check-in for lunch between 10:30 a.m. and 11:30 a.m.
Lunch is served at 11:40 a.m.

Suggested contribution for Seniors 60+ is \$4 per meal, anonymous.
Guest and non-senior, under 60, meal fee is \$6.50.

Van Transportation

Van transportation to and from the lunch program is available for
qualified participants who have an approved application on file.

Must be an Encinitas resident age 60+ with no other means of
transportation.

How Are We Doing?

Compliments, suggestions, and grievances about this program are
welcomed via phone or mail. Let us know how we can best serve you.

No eligible person shall be denied a meal because of inability to contribute.

The Encinitas Senior Café is supported by the City of Encinitas, meal donations, and
the Older Americans Act grant funds which are awarded through San Diego County
Aging & Independence Services.